

DAFTAR PUSTAKA

- Akbar, A., Karim, Z. A., Zakaria, J., Kurniawan, R., Cahyani, F. I., Dwatra, F. D., & Rinaldi. (2023). The Role of Mental Toughness in Improving Achievement: The Perspective of Sport Psychology on Student-Athletes. *International Journal of Human Movement and Sports Sciences*, 11(6), 1376–1382. <https://doi.org/10.13189/saj.2023.110623>
- Ali Rasti, M., Abubakar, Z. Bin, Abidin, Z. Bin, & Valiollah, F. (2015). *The effect of mental training program on improving mental toughnes among tehran high school student athletes*. *Asian Social Science*, 11(28), 175–182. <https://doi.org/10.5539/ass.v11n28p175>
- Amali, Z. (2022). *Jurnal Olahraga Pendidikan Indonesia (JOPI) ~ 63 Is licensed under a Creative Commons Attributions-Share Artike 4.0 International Llicense Jurnal Olahraga Pendidikan Indonesia (JOPI*. 2(1), 63–83. <http://jopi.kemenpora.go.id/index.php/jopi>
- Anggraini, F. D. P., Aprianti, A., Setyawati, V. A. V., & Hartanto, A. A. (2022). Pembelajaran statistika menggunakan software SPSS untuk uji validitas dan reliabilitas. *Jurnal Basicedu*, 6(4), 6491–6504.
- Balyi, I., Way, R., & Higgs, C. (2013). *Long-term athlete development*. Human Kinetics.
- Ceylan, L. (2022). *Mental toughness comparison of sports science students*. *African Educational Research Journal*, 10(4), 394–399. <https://doi.org/10.30918/AERJ.104.22.062>
- Cowden, R. G. (2017). Mental Toughness and Success in Sport: A Review and Prospect. *The Open Sports Sciences Journal*, 10(1), 1–14. <https://doi.org/10.2174/1875399x01710010001>
- Dagnall, N., Denovan, A., Papageorgiou, K. A., Clough, P. J., Parker, A., & Drinkwater, K. G. (2019). Psychometric assessment of shortened mental toughness questionnaires (Mtg): Factor structure of the mtq-18 and the mtq-10. *Frontiers in Psychology*, 10(AUG). <https://doi.org/10.3389/fpsyg.2019.01933>
- Dana, A., Shahir, V. A., & Ghorbani, S. (2022). The impact of Mindfulness and Mental Skills Protocols on Athletes' Competitive Anxiety. *Biomedical Human Kinetics*, 14(1), 135–142. <https://doi.org/10.2478/bhk-2022-0017>
- Dannysa Ramadhina, Hedi Wahyudi, & Hedi Wahyudi. (2024). Hubungan Antara Mental Toughness dan Competitive Anxiety pada Atlet Softball Tim Jawa Barat. *Bandung Conference Series: Psychology Science*, 4(1), 635–643. <https://doi.org/10.29313/bcsps.v4i1.10347>

- Dewi, S. P., & Jannah, M. (2023). Peningkatan ketangguhan mental pada atlet pelajar melalui pelatihan kesadaran diri. *Jurnal Penelitian Psikologi*, 10(01), 29-37.
- Dunn, R., Hattie, J., & Bowles, T. (2018). Using the Theory of Planned Behavior to explore teachers' intentions to engage in ongoing teacher professional learning. *Studies in Educational Evaluation*, 59, 288-294. <https://doi.org/10.1016/j.stueduc.2018.10.001>
- Fajar In'am Maulana, M., Santoso, T., & Sulistyono, J. (2023). Perbasasi Baseball Sports Branch Development Management (All Indonesian Softball Baseball Union) Provincial Management Of Dki Jakarta. *Jiseape Journal Of Indonesia Sport Education And Adapted Physical Education*, 4(1), 31-39. <https://Ejournal.Utp.Ac.Id/Index.Php/JISEAPE>
- Fariz Prima Putra, M., Sutoro, S., Sinaga, E., Rusdianto Hidayat, R., Wanena, T., Wandik, Y., Ridwan, M., Destriana, D., Jannah, M., Priambodo, A., Juriana, J., Tahki, K., Setiawan, E., Javier Gil-Espinosa, F., & Mfp, P. (n.d.). *Impact of the Mental Toughness Training Circle on the psychological aspects of athletes in situational sports: a pilot experiment* How to Cite. <https://doi.org/10.58962/HSR.2025.11.3>
- Farnsworth, J. L., Marshal, A., & Myers, N. L. (2022). Mental toughness measures: A systematic review of measurement properties for practitioners. *Journal of Applied Sport Psychology*, 34(3), 479-494. <https://doi.org/10.1080/10413200.2020.1866710>
- Faruk, M. (2022). *Pembinaan Olahraga Usia Dini Pada Cabang Olahraga Hoki Di Surabaya Agum Dwiputra Cahyadi*.
- Gandrapu, A., & Rakesh, K. R. (2024). Sports Psychology: Mental Skills Training and Performance Enhancement Strategies for Athletes. *Innovations in Sports Science*, 1(3), 1-4. <https://doi.org/10.36676/iss.v1.i3.13>
- Gaol, M. L., & Juita, A. (2023). Gambaran Mental Atlet Kehnzua Taekwondo Tapung Fighter Kabupaten Kampar. *Innovative: Journal Of Social Science Research*, 3(5), 6900-6909.
- Gerber, M., Gygax, B., & Cody, R. (2024). Coach-athlete relationship and burnout symptoms among young elite athletes and the role of mental toughness as a moderator. *Sports Psychiatry*, 3(1), 5-14. <https://doi.org/10.1024/2674-0052/a000071>
- Gomez, C. C. B., Tapanan Jr, M. L., Raganas, J. C., Obando, J. H. Y., Abella, T. M. A., Pepito, S. V. P., & Vence, A. J. B. (2025). The Psychological Factors Influencing Athletes' Sports Performance. 025; 5(4):1326-1331. <https://doi.org/10.62225/2583049X.2025.5.4.4762>

- Gravetter, F. J., & Forzano, L. B. (2018). *Research Methods for the Behavioral Sciences* (6th ed.). Cengage Learning.
- Gucciardi, D. F. (2017). Mental toughness: progress and prospects. In *Current Opinion in Psychology* (Vol. 16, pp. 17–23). Elsevier B.V. <https://doi.org/10.1016/j.copsyc.2017.03.010>
- Gunarsa, S. (1987). *Psikologi Olahraga*. BPK Gunung Mulia. ISBN 979-415-241-2.
- Hartnett, D. A., Milner, J. D., Bodendorfer, B. M., & DeFroda, S. F. (2022). Lower extremity injuries in the *Baseball* athlete. In *SAGE Open Medicine* (Vol. 10). SAGE Publications Ltd. <https://doi.org/10.1177/20503121221076369>
- Ilham, Z. (2021). Peranan psikologi olahraga terhadap atlet. In *Prosiding Seminar Nasional Pendidikan Kepelatihan Olahraga* (Vol. 1, No. 2, pp. 274-282).
- Jannah, M, Juriana, et.al (2017). *Psikologi Olahraga: Student Handbook*. EduTama.
- Juriana, J., Tahki, K., & Ali, N. (2020). *Similarities and Differences in Aspects of Mental Skills in Individual and Team Sport*. Athlantis Press ICSSHPE 2019. [10.2991/ahsr.k.200214.081](https://doi.org/10.2991/ahsr.k.200214.081)
- Juriana, J., & Tahki, K. (2017). *Peran pelatihan mental dalam meningkatkan kepercayaan diri atlet renang sekolah Ragunan*. *JOSSAE: Journal of Sport Science and Education*, 2 (1), 9. <https://doi.org/10.26740/jossae.v2n1.p9-14>
- Lestari, A., & Dewi, R. C. (n.d.). *Hubungan Kepercayaan Diri Dan Motivasi Terhadap Peak Performance Pada Atlet Bola Basket Hubungan Kepercayaan Diri Dan Motivasi Terhadap Peak Performance Pada Atlet Bola Basket Di Kabupaten Jombang*.
- Liew, G. C., Kuan, G., Chin, N. S., & Hashim, H. A. (2019). Mental toughness in sport: Systematic review and future. In *German Journal of Exercise and Sport Research* (Vol. 49, Issue 4, pp. 381–394). Springer. <https://doi.org/10.1007/s12662-019-00603-3>
- Listiana, Y. D. G., Dirmala, C. P., & Pertiwi, A. (2024). Pengaruh Mental Toughness Terhadap Competitive Anxiety Pada Atlet Indonesia. *Personifikasi: Jurnal Ilmu Psikologi*, 15(1), 79-92. <https://doi.org/10.21107/personifikasi.v15i1.25963>
- Loehr, J. (1986). *Mental Toughness Training for Sports: Achieving Athletic Excellence*. Lexington Books.
- Ni, I., Rohmatika, matur, Studi Pendidikan Kepelatihan Olahraga, P., & Ilmu Keolahragaan, F. (2021). Kajian psikologi olahraga terhadap performa atlet Study of sports psychology on athlete performance Indi Ni'matur Rohmatika. In *Prosiding Seminar Nasional Pendidikan Kepelatihan Olahraga* (Vol. 1, Issue 2).

- Nopiyanto, Y. E., & Permadi, A. (2023). Analisis Kebutuhan Psikologis Atlet Usia Dini Di Kota Bengkulu Psychological Needs Analysis Of Early Athlete In Bengkulu City. *Jambura Health And Sport Journal*, 5(2). <https://doi.org/10.37311/jhsj.v5i2.20927>
- Noviansyah, I. A., & Jannah, M. (2021). Hubungan antara mental toughness dengan kecemasan olahraga pada atlet beladiri. *Character Jurnal Penelitian Psikologi*, 8(9), 85-91. <https://doi.org/10.26740/cjpp.v8i9.42043>
- Nurhadi, M. D. A., Sembiring, D. A., & Dewi, R. R. K. (2023). Pengaruh Tingkat Kecemasan dan Performa Atlet Cabang Olahraga Bola Tangan (handball) Universitas Singaperbangsa Karawang. *Jurnal Keolahragaan*, 9(2), 119. <https://doi.org/10.25157/jkor.v9i2.12584>
- Putra, M. F. P., Sutoro, S., Wanena, T., Kurdi, K., Wandik, Y., Dike, I. M., & Womsiwor, D. (2024). Mental toughness: are there differences between athletes and non-athletes, education levels, and gender. *Retos*, 58, 516-521. <https://doi.org/10.47197/retos.v58.107330>
- Putra, M. F. P., Kurdi, K., Syahrudin, S., Hasibuan, S., Sinulingga, A., Kamaruddin, I., & Ridwan, M. (2024). An Indonesian Version of Mental Toughness Index: Testing Psychometric Properties in Athletes and Non-athletes. *Retos*, 55, 816-824. <https://doi.org/10.47197/retos.v55.106086>
- Satiadarma, M. P. (2000). *Dasar-Dasar Psikologi Olahraga*. Pustaka Sinar Harapan. ISBN 979-416-653-7.
- Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress toward construct validation of the Sports Mental Toughness Questionnaire (SMTQ). *European Journal of Psychological Assessment*, 25(3), 186–193. <https://doi.org/10.1027/1015-5759.25.3.186>
- Siekańska, M., Bondár, R. Z., di Fronso, S., Blecharz, J., & Bertollo, M. (2021). Integrating technology in psychological skills training for performance optimization in elite athletes: A systematic review. In *Psychology of Sport and Exercise* (Vol. 57). Elsevier Ltd. <https://doi.org/10.1016/j.psychsport.2021.102008>
- Sumantri, M. S., Hidayat, D. R., & Juriana, J. (2021). The urgency of sports talent instruments: Perspectives of early childhood teachers in Indonesia. *Journal of Physical Education and Sport*, 21, 2343-2349. <https://doi.org/10.7752/jpes.2021.s4314>
- Sural, V., Güler, H., & Çar, B. (2021). Examination of Mental Training and Mental Toughness in Elite Boxers. *Pakistan Journal of Medical and Health Sciences*, 15(6), 1647–1653. <https://doi.org/10.53350/pjmhs211561647>

- Sutoro, Guntoro, T. S., & Putra, M. F. P. (2023). Development and validation mental training model: Mental Toughness Training Circle (MTTC). *F1000Research*, 12. <https://doi.org/10.12688/f1000research.129010.1>
- Vealey, R. S. (2007). Mental skills training in sport. In G. Tenenbaum & R. C. Eklund (Eds.), *Handbook of sport psychology* (3rd ed., pp. 287–309). John Wiley & Sons, Inc.. <https://doi.org/10.1002/9781118270011.ch13>
- Vidic, Z., & Cherup, N. P. (2022). Take me into the ball game: an examination of a brief psychological skills training and mindfulness-based intervention with *Baseball* players. *International Journal of Sport and Exercise Psychology*, 20(2), 612–629. <https://doi.org/10.1080/1612197x.2021.1891120>
- Weinberg, R.S & Gould (2019). *Foundation of Sport and Exercise Psychology*. Human Kinetics.
- Walter, N., Nikoleizig, L., & Alfermann, D. (2019). Effects of self-talk training on competitive anxiety, self-efficacy, volitional skills, and performance: An intervention study with junior sub-elite athletes. *Sports*, 7(6), 148. <https://doi.org/10.3390/sports7060148>
- Yazıcı, A., Güçlü, M., & Günay, M. (2021). Examination of Mental Toughness and Emotional Intelligence of The Turkish and American Professional Basketball Players. In *The Journal of Eurasia Sport Sciences and Medicine* (Vol. 3, Issue 2). <http://dergipark.gov.tr/jessm>.